

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING

May 2003



From The Director, Ed Casey

OLDER AMERICANS MONTH!

Each year May is recognized as “Older Americans Month”; within the month one week is designated as “Senior Center Week”, which is May 12—May 16 this year. In recognition of both we have some special activities planned. We are going to turn the Center into our version of “**Little Italy**” on **Wednesday, May 14** (see **Page 5** for details). On **Wednesday, May 28** we will be showing the comedy hit “**My Big Fat Greek Wedding**”. After the show we will be sampling “Greek Treats” thanks to our own Eleni Chiras (details on Page 4).

SEWING CLASS (SUSPENDED)

Due to low attendance over the past few months, our monthly “Sewing Circle” has been put on hold. If you have an interest in this activity, please let us know. Should sufficient interest be generated we will resume SEWING on a monthly, or perhaps twice-monthly, schedule.

REGISTRATION FOR SUMMER CLASSES — MONDAY, JUNE 2ND.



HAPPY SPRING!!



Inside this issue:

| | | | | | |
|------------------|-------------|------------------|--------|-------------|-----------|
| Daily Schedule | Pages 2 & 3 | Birthdays | Page 6 | Menu | Page 9 |
| Highlights | Page 4 | V.I.T.A. Thanks! | Page 6 | Cookies! | Back Page |
| Knitting Group | Page 4 | Future Events | Page 7 | Phone #s | Back Page |
| Italian Day! | Page 5 | Caregiver Series | Page 8 | Staff Info. | Back Page |
| Ongoing Services | Page 6 | Picnic | Page 8 | E-Mail | Back Page |

Web Site: www.aa-aging.org

Daily Schedule—May 2003

Thursday, May 1

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 12:00 Lunch
 1:00 Duplicate Bridge
 2:30 Yoga....UM
 3:00 'Touchstones'
 Discussion....UM

Friday, May 2

8:30 Aerobics
 9:30 Effective Colored Pencil
 Technique
 10:00 Keep Your Mind Alert
 12:00 Lunch
 1:00 Art: Watercolor

Monday, May 5

8:30 Aerobics
10:00 Word Processing.....SC



**10:00 SHOPPING:
 WALMART**

Sign Up Required by 4/28.

10:00 Ceramics
 12:00 Lunch
 12:45 Ceramics
 1:30 Opera Appreciation

Tuesday, May 6

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:00 Woodcarving
 9:15 Weight Training....UM
**10:30 Elderhood: This Is Your
 Life....UM**

12:00 Lunch
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting
 2:30 History: Life in Victorian
 Times

**No Needlecrafts and Applique
 today!**

Wednesday, May 7

8:30 Aerobics
 9:30-12:00 Blood Pressure
 & Glucose Monitoring
 10:00 Keep Your Mind Alert
 12:00 Lunch
 12:30 Crafts
 12:45 Open Bridge
 1:00 Intermediate Spanish
 1:00 Adaptive P. E. w/Anne
7:00 Caring for the Caregiver

Thursday, May 8

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 12:00 Lunch
 1:00 Duplicate Bridge
 2:30 Yoga....UM
 3:00 Touchstones'
 Discussion....UM

Friday, May 9

8:30 Aerobics
10:00 Walking Club....
Annapolis Mall...Sign Up by 5/2
 12:00 Lunch
12:30 Birthday Celebration
 1:00 Art: Watercolor
**No 'Colored Pencil' class and
 no 'Keep Alert' Today!**



Thought for the Day.....

*May the clouds in our life
 only form a background
 for a lovely sunset*

..... Unknown

Senior Center Week Begins!

Monday, May 12

8:30 Aerobics
10:00 Word Processing.....SC
 10:00 Ceramics
 12:00 Lunch
 12:45 Ceramics
 1:30 Opera Appreciation

Tuesday, May 13

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:00 Woodcarving
 9:15 Weight Training....UM
10:00 Foot Screening
Details on Page 4!
 10:15 Needlecrafts
**10:30 Elderhood: This Is
 Your Life....UM**
 12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting
 2:30 History: Life in Victorian
 Times

Wednesday, May 14

"ITALIAN DAY"

See Page 5!



8:30 Aerobics
 9:30-12:00 Blood Pressure
 & Glucose Monitoring
 10:00 Keep Your Mind Alert...
 (Italian Style!)
 1:00 Intermediate Spanish
7:00 Caring for the Caregiver

**The following classes are
 cancelled today.....**

**Crafts
 Open Bridge
 Adaptive P. E. w/Anne**

Daily Schedule—May 2003

Thursday, May 15

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 12:00 Lunch
**12:30 Holiday Bazaar Work-
 shop...Details on Page 4!**
 12:45 Advisory Council Mtg.
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'
 Discussion....UM

Friday, May 16

8:30 Aerobics
 9:30 Effective Colored Pencil
 Technique
 10:00 Keep Your Mind Alert
 12:00 Lunch
 1:00 Art: Watercolor

Monday, May 19

8:30 Aerobics
10:00 Word Processing.....SC
 10:00 Ceramics
 12:00 Lunch
 12:45 Ceramics
 1:30 Opera Appreciation

Tuesday, May 20

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
9:00 'Mini Massage'
See Page 4 for details!
 9:00 Woodcarving
 9:15 Weight Training....UM
 10:15 Needlecrafts
**10:30 Elderhood: This Is
 Your Life....UM**
 12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting
 2:30 History: Life in Victorian
 Times



Annapolis Senior Center

Wednesday, May 21

8:30 Aerobics
 10:00 Keep Your Mind Alert
**10:00 TRIP to Chesapeake Arts
 Center for a 'Murder Mystery'**
See Page 4 for details!
 12:00 Lunch
 12:30 Crafts
 12:45 Open Bridge
 1:00 Intermediate Spanish
 1:00 Adaptive P. E. w/Anne
7:00 Caring for the Caregiver

Thursday, May 22

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 12:00 Lunch
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'
 Discussion....UM

Friday, May 23

8:30 Aerobics
 9:30 Effective Colored Pencil
 Technique
**10:00 911....Free Cell Phone
 Details on Page 4!**
SIGN UP REQUIRED.
10:00 Walking Club.....
**City Dock. Lunch at /near the
 Dock. SIGN UP BY 5/16.**
 12:00 Lunch
 1:00 Art: Watercolor
 2:00 Long Term Care
 Presentation - See Page 6!
No 'Keep Alert' Today!

Monday, May 26

CENTER CLOSED

MEMORIAL DAY



Tuesday, May 27

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 10:15 Needlecrafts (make up)
**10:30 Elderhood: This Is
 Your Life....UM**
 12:30 Applique (make up)
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting

Wednesday, May 28

8:30 Aerobics
10:00 MOVIE.....
"Big Fat Greek Wedding"
Details on Page 4!
 12:00 Box Lunches
 12:30 Crafts
 12:45 Open Bridge
 1:00 Adaptive P. E. w/Anne
No 'Keep Alert' today!

Thursday, May 29

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 10:15 Bingo
 12:00 Lunch
**12:30 Holiday Bazaar Work-
 shop...Details on Page 4!**
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'
 Discussion....UM

Friday, May 30

8:30 Aerobics
 9:30 Effective Colored Pencil
 Technique
 10:00 Keep Your Mind Alert
 12:00 Lunch
 1:00 Art: Watercolor

Legend

**UM - Eastport United
 Methodist Church
 SC—Stanton Center**

Program Highlights—May 2003

Knitting..... Would you like to knit again, or just learn to knit? Come and join our casual, fun loving group! Everyone knits what they would like and Connie Johnson, the instructor, will be happy to assist with whatever project you choose. The Knitting Group meets on Tuesdays at 1pm.



CARING FOR THE CAREGIVER.....Continues on Wednesday, May 7th & 21st, 7:00 pm—9:00 pm. PLEASE SEE PAGE 8 FOR ALL THE DETAILS OF THIS SERIES.

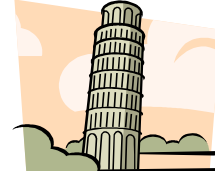
- | | |
|--|---|
| <p>Tuesday May 13 10:00 am - 12:00 pm</p> | <p><u>FOOT SCREENING</u> Kerry Becker, a Doctor of Podiatric Medicine in the Annapolis area, will conduct a Foot Screening, and give information on foot care. Senior Center membership is required. By appointment only. Please sign up at the reception desk.</p> |
| <p>Wednesday May 14</p> | <p><u>"ITALIAN DAY".....SEE PAGE 5 FOR DETAILS!!</u> Please sign up if you plan on attending.</p> |
| <p>Thursday May 15 & 29 12:30 pm</p> | <p><u>HOLIDAY BAZAAR WORKSHOP</u> Marie Lloyd and Evelyn Bacon are the instructors for our monthly workshops. Volunteers are welcome and needed to assist in these workshops as we prepare for our annual bazaar. Please join us!</p> |
| <p>Tuesday May 20 9:00 am— 11:45 am</p> | <p><u>MINI MASSAGE</u> Mary Ann Roesler, Certified Massage Therapist, offers you relaxation with a "Mini" Massage. You will have a choice of a head, neck, back or hand massage. Senior Center membership is required. By appointment only. Sign up at the Reception desk.</p> |
| <p>Wednesday May 21 10:00 am</p> | <p><u>'MURDER MYSTERY'Chesapeake Arts Center</u> The Brooklyn Park Senior Center has invited us to join them for this show which is being performed for senior members and their guests only. The cost of the show is \$12. Prior to the performance we will be joining Brooklyn Park and Arnold Centers for lunch at Cactus Willies. After lunch you will be transported to the Arts Center.</p> |
| <p>Friday May 23 10:00 am - 12:00 pm</p> | <p><u>FREE CELL PHONE FOR 911</u> Officer Joe Hatcher of the Anne Arundel County Police Department returns to the Center to distribute free cell phones for 911 purposes. We have a list of people waiting to receive these phones and they will be given first option. Please be sure to sign up if you are interested in obtaining one. <u>PRE-REGISTRATION IS NECESSARY.</u></p> |
| <p>Wednesday May 28 10:00 am</p> | <p><u>BIG FAT GREEK WEDDING!!</u> Join us for this great movie which everyone is raving about. After the movie there will be box lunches followed by tasty "Greek Treats". Sign up at the reception desk by May 23rd if you plan on attending. Don't forget to reserve your lunch!</p> |





IT'S ITALIAN!!

Wednesday May 14th

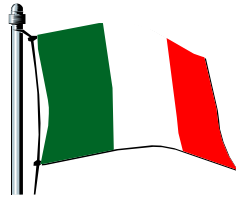


Take a trip to "Little Italy"

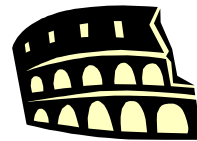
Join us for a day of fun as we experience a 'VISIT' to Italy and learn a little about the country, its culture, customs, music & food.

SIGN UP FOR LUNCH REQUIRED BY MAY 9TH

MUSIC



FOOD



Annapolis Senior Center

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.** On the **4th Friday of every month at 2:30 p.m.,** Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

Mini Massage - Mary Ann Roesler, Certified Massage Therapist, gives mini massages at the Center every other month, **by appointment.** Please check the daily schedule and program highlights in the newsletter for the specific date and time.

Cards and Games are played daily at the Center. **Come and join us!**

MAY Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

This month the Birthdays will be celebrated on Friday, May 9th at 12:30 p. m.

Nancy Ago, Jane Allen, Lois Anderson, Gina Arcoria, Page Austin, Paula Binder, James Booth, Catherine Botts, Donald Broadus, Marion Catterton, Catherine Chew, Eleni Chiras, Gloria Churchill, Lois Clarken, Mary Page Cobb, Betty Cornelius, Nathaniel Cornish, Dolores DeOrsey, Barbara Dorsey, Harvey Ennis, Donald Farley, Dorothy Farley, Barbara Ferrell, Shirley Ford, Robert Frymier, Arnice Gills, Amaryllis Harper, Cecilia Hayden, Mildred Hein, Anne-Marie Herishen, Oma Hoffman, William Hoyer, Donald Isaac, James Jackson, Erma Jones, Elease Kent, James Lavin, Alfred Leudesdorff, Ron Lorentzen, Lan Ly, Jack Mangus, Jerome McGowan, Joanna Mendelman, Molly Molter, Peg Norman, Mary Petro, Helen Podmenik, Mary Lou Pontius, Marie Rogers, Thomas Ross, Sue Rudasill, Paul Schatzberg, Anja Scheefhals, George Schladt, Susan Shreiber, Rhea Snyder, Lorraine Soash, Richard Stone, Helen Tulier, Pug Victor and Fay Zeller.



The V.I.T.A. (Volunteer Income Tax Assistance) Program has come to an end for this year. We are very grateful to the V.I.T.A. volunteers for all their hard work in assisting persons with their Income Tax Returns. A great deal of time and effort goes into this service. We have a wonderful group of volunteers and we want to thank Virginia Cushing, John Jennings, Nancy Yuill, Toby Schatzberg, Eleanor Kramer, Charles Senft and Kevin Barry for donating their time to the Annapolis Center and this program. See you all next year!



Annapolis Senior Center

Coming in June:

PICNIC.....Wednesday, June 4th
SEE PAGE 8 FOR DETAILS!



"HEARING SCREENING".....Tuesday, June 10th.

Mr. Bill Thompson, a certified Hearing Instrument Specialist, from American Hearing Centers, will conduct a screening. Bill will also check the ear canal for wax build-up, clean hearing aids and give recommendations. **By appointment only.**



PLEASE SIGN UP AT THE RECEPTION DESK.

55 ALIVE DRIVER REFRESHER COURSE
JUNE 23 & 24, 9:30 A.M. - 2:30 P.M.

A certificate is issued upon completion of this two day A.A.R.P. sponsored class. This driver's training is honored by many Insurance companies for a reduction in premium. The class fee is \$10.00, with checks payable to A.A.R.P. **Pre-registration is required, and payment must be made by Friday June 13th.**



Event in July:

FRANK CURRERI (a.k.a. Frank Sinatra) IS RETURNING TO THE ANNAPOLIS SENIOR CENTER. He will help us celebrate July 4th a day early! Keep Thursday, July 3rd free! Don't forget to mark your calendar!



Note.....

Be sure to check the monthly newsletter for future events!

Quote.....I've learned that it's not what you have in your life but who you have in your life that counts.

..... Unknown

Annapolis Senior Center



Anne Arundel County Department of Aging



Our **"Caring for the Caregiver"** Series continues in May. Mary Fridley, RN. BS. C., from Gero-Resources, is the facilitator of this educational series for caregivers of all ages. Join us for one session or all!

- | | |
|------------------|---|
| May 7th | You've Got to be Kidding! Keeping your sense of humor. |
| May 21st | Who's on First? Communicating with your dementia affected loved one. |
| June 4th | And in this Corner..... Managing behaviors in your dementia affected loved one. |
| June 18th | Down and Dirty Managing incontinence in your dementia affected loved one. |
| July 2nd | Is It Time? Placement Issues. |

All sessions will be held on Wednesdays from 7 p.m. to 9 p.m. at the
Annapolis Senior Center.

Please call the Center at 410/222-1818 to register for the Program.

SUMMER



Annapolis, O'Malley & South County Senior Centers will be hosting a joint picnic on
Wednesday, June 4th 10:00—2:00
Mayo Beach Park

Catered by Bayside Bull

Smoked Turkey Breast

Pork BBQ

Potato Salad/ Coleslaw/ Baked Beans

Soda/ Dessert

Tickets now on sale

Purchase by May 30th

Entertainment by:

Mike McIntyre's Magic



Music Machine

*** Transportation is available ***

Tickets: \$7.00

Annapolis Senior Center

MAY 2003 LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| <p>Those under 60 must pay the \$3.36 cost of the meal. Those 60+ please contribute as much as you can towards the cost of the meal. At the very least, reservations must be made by 10 a.m. the day before you want the meal. Please call (410) 222-1003. Hours: 9:45 a.m.-1:15 p.m.</p> | | | | |
| 5 Mixed Fruit Compote Italian Meatballs w/Sauce Kale Sub Roll Choc. Chip Cookie | 6 Perfection Salad Sweet & Sour Chicken Rice Au Gratin Peas Biscuit Fruit Cocktail | 7 Sliced Apples Baked Ham Mexicali Corn Spinach Vienna Bread Sugar Cookies | 1 Tossed Salad Chicken Stew Jumbo Biscuit Baked Apple  | 2 Chicken Rice Soup Tuna Salad Lettuce/Tomato Dilled Carrots Kaiser Roll Cantaloupe |
| 12 Apple Juice Beef Stew Large Biscuit Ambrosia | 13 Dutch Slaw Knockwurst Baked Beans Herbed Carrots Frankfurter Roll Melon-Honey Dew | 14 Minestrone Tuna Salad Tomato/Onion Marinated Bean Salad Kaiser Roll French Crumb Cake | 8 MOTHER'S DAY CELEBRATION Grape Juice Roast Beef/Gravy Mashed Potatoes Health Salad Corn Bread Decorated Cake | 9 Barley Soup Chicken Salad Red Bliss Potatoes Marinated Vegetable Salad Pumpnickel Bread Orange |
| 19 Orange Juice Pork Chop Mashed Potatoes Winter Blend Veg. Whole Wheat Bread Brownie | 20 Carrot-P/A Gel. Salad Meatloaf Mashed Potatoes Collard Greens Rye Bread Mandarin Oranges | 21 Tossed Salad Stuffed Pepper Peas Dinner Roll Orange Cookie | 15 Tossed Salad Beef Burgundy Mashed Potatoes Kale Italian Bread Sliced Peaches | 16 Perfection Salad Spaghetti with Meat Sauce Zucchini Vienna Bread Green Apple |
| 26 MEMORIAL DAY  | 27 Chicken Veg. Soup Baked Fish/Sauce Rice Au Gratin Carrot Raisin Salad Dinner Roll Sliced Peaches | 28 Health Salad Roast Beef au Jus Rissole Potatoes Wax Beans Italian Bread Choc. Chip Cookie | 22 Grape Juice Sliced Turkey Stuffing Zucchini Pumpnickel Bread Sliced Apples | 23 Tossed Salad Ribette Red Potatoes Scand. Vegetables Whole Wheat Roll Fruited Gelatin |
| | | | 29 Blended Juice Baked Chicken/Gravy Lyonnaise Potatoes Broccoli Biscuit Chocolate Cake | 30 NE Claim Chowder Sliced Turkey Stuffing Pickled Beets Dinner Roll Melon Cup |

| | |
|---------------------|-----------------------------------|
| Ed Casey | Center Director |
| Jo Morris | Assistant Director |
| Robyn Prehn | Receptionist |
| Helen Timeus | Nutrition Site Manager |
| James Bias | Transportation Van Driver |
| Robert Howard | Transportation Van Driver |
| Reuben Bowman | Custodial Services |
| E-Mail Address | annapoliscenter@mail.aacounty.org |
| Center Phone | 410-222-1818 |
| Fax | 410-222-1216 |
| Nutrition | 410-222-1003 |
| Dept. of Aging | 410-222-4464 |
| Transportation | 410-222-4826 |
| Meals on Wheels | 410-431-5257 |
| Officer Joe Hatcher | 410-222-8585 (Police Liaison) |

COOKIE DEAL YOU CAN'T PASS UP!!

The first twelve people to order cookies each Monday in May, get a dozen for only \$2.00!!! This is a GREAT bargain your sweet tooth does not want to miss! The normal price for a dozen is \$3.50. Cookies are baked on Mondays; orders can be taken prior to each Monday. Payment must be made at the time of the order.



Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.